



Bedford Recreation Department

12 Mudge Way, Bedford MA 01730

(781) 275 – 1392

(781) 687- 6156 (*fax*)

www.bedfordrecreation.org

CHRISTOPHER STIX: Appreciating Nature

Chris Stix has been offering Appreciating Nature programs in the Western Boston suburbs for several years. He has an environmental studies degree from the University of Wisconsin. He was trained by Joseph Cornell, the author of Listening to Nature, a book of exercises that help us be more aware and present in the natural world. Cornell's books on sharing nature have sold over 500,000 copies. Chris hikes throughout the US.

Chris can be reached at stixchris@gmail.com.